

HARBOR LIGHT

December 2011

PLYMOUTH HARBOR INC. (not-for-profit) 700 John Ringling Boulevard Sarasota, FL 34236-1551

*Let's raise a glass to the coming year,
We'll toast the holidays
with friends and good cheer!*

Join us for
Cocktails, Dinner & Dancing
Saturday ~ December 31st

Cocktails at
Half past 5 o'clock
Plymouth Rock
Café

Dinner at
Half past 6 o'clock
Mayflower
Dining Room

Music by the Bob Barnhardt Quartet
with Chris Brown, vocalist

\$70.00 per person

(Payment takes place at the time of reservation.)

R.S.V.P. to Ext. 258 by December 22nd

Please contact hostess for Tray Service

New
YEAR'S
EVE



Reflections from Chaplain Jerry O'Connor ...

Ann Weems, author of Kneeling in Bethlehem includes this poem:

*It is not over,
this birthing.
There are always newer skies
into which
God can throw stars.
When we begin to think
that we can predict the Advent of God,
that we can box the Christ
in a stable in Bethlehem,
that's just the time
that God will be born
in a place we can't imagine and won't believe.
Those who wait for God
watch with their hearts and not their eyes,
listening
always listening
for angel words.*

I read this poem and think how excited the world is about the *Season* we call Christmas; homes, streets, and stores are decorated, even boats dazzle in holiday lights. Children can hardly wait for Santa to come, Salvation Army bell ringers encourage us to give generously, and music fills the air. But when it is over, we give a sigh of relief, put the decorations away for another year, and wait for the bills to arrive.

Ann Weems reminds us that it is not over, this birthing! Nobody knows the exact date of

the Christ Child's birth, but we celebrate it four days after the winter solstice (Dec. 21), the shortest day of the year; days to come lengthen as we move through winter into spring, darkness is pushed back by the light of days to come -- so it is with the birth of the Christ Child; as the child became an adult, his teachings and his wisdom (according to scripture) increased.

The message of Advent, foretelling his arrival, introduces us to real meaning of *Hope, Peace, Joy and Love*, which, when put into practice in our lives gives his birth even more significance -- it isn't over! Think about it, if all invention ceased, if astronomers ceased to explore the mysteries of the universe, if medical science remained where it was in the 1800s, if the clock stopped at the midnight hour and there was to be no dawn, no new technology or medical cures, why give birth to children in our time? Because, just maybe, the gift of a child holds the possibility that God's dream for all humankind will become real. Our dreams for our own children are like that of all parents, but unless the child grows in wisdom and love, as the Child of Bethlehem did -- *Hope Peace, Joy and Love* will never become real. Therefore, to do Christmas every year is to acknowledge we need what God has given; we need to make his life our life, in order to change the world!

*Therefore the Lord himself will give you a sign.
Look, the young woman is with child and shall
bear a son, and shall name him Immanuel.*

Isaiah 7:14

John B. Schwemm

October 28, 2011

In Memoriam

Mary Virginia Elliott

November 5, 2011

Eileen F. Donovan

November 13, 2011

Ethel W. Bernstein

November 18, 2011

Patricia M. Kennedy

November 26, 2011



Don't miss the unveiling of Plymouth Harbor's new wellness program

VoyAges
AT PLYMOUTH HARBOR
Your Journey to a Healthy Lifestyle

Coming Soon
in the
New Year

**Employee of the Month
November 2011**



*Carlos Garcia
of the Smith Care Center*

“Carlos has been working at Plymouth Harbor for almost six years. He is always in a good mood and wears a smile on his face. When he takes care of the residents everyone can see his kindness, dedication, and love for his profession. Carlos is a very accurate, thorough, and professional nurse with very high work standards. He is definitely a good example of what an Employee of the Month should be.”

**Employee of the Month
December 2011**



*Wendy Popovic
of Accounting*

“Wendy is always looking out for the residents’ best interest. It’s so nice to see how she goes the extra mile to make sure the residents are getting the best options. She is very kind and caring toward the residents and other employees. Wendy is a team player and an asset to Plymouth Harbor. She deserves to be Employee of the Month.”



WINTER: It's Here

At least, for Florida Power & Light, our local electric utility, it's here. With FPL's "winter" comes a change in the hours for which a higher, on-peak rate is charged.

From November through March on-peak rate times are 6:00 am to 10:00 am and 6:00 pm to 10:00 pm on week days.

Other week day hours and weekends are billed at a lower, off-peak rate.

So, whenever possible please run dishwashers, washing machines, dryers, etc. during late mornings, afternoons and weekends. Plymouth Harbor, and all of us, will SAVE \$s.

Testing for Leaks

One day in the next week or two the water in your toilet bowl will be blue. Do not worry! It is just a sign that your housekeeper has deposited a blue pill in your water closet(s) to check for a leaky toilet. She will report any leaky toilets discovered to Maintenance Services for follow up. When you flush, the dye will color the water in your bowl. That is normal.

This is an example of the Conservation Committee and Plymouth Harbor's Maintenance Services working together to conserve our natural resources, as well as an easy way to perform preventative maintenance on all of our toilets.



Electric Bulb Display in Lobby

Wednesday December 14

9:00 am -- 6:30 pm



~ Compliments of the Conservation Committee ~

INTRODUCING

Frank F. & Christine T. Heider

Move-In Date: July 19, 2011

Apt. T-908 Ext. 306

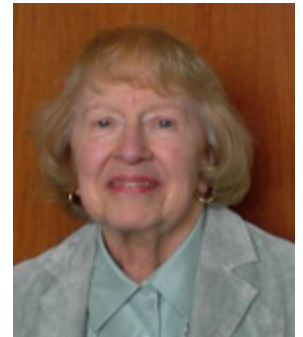
This bio of Frank and Christine Heider is arguably the latest made for any new residents. The Heiders contracted for an apartment in 2005. At the time, like others before and since, they expected to put their house on the market later and come in then. Much, much later, in 2011, it finally happened. During the interval as residents not in residence, they came to functions, made friends, served on committees, and used a portion



of their dining minimum to treat 150 residents to lobster. So the Heiders really need no introduction to Plymouth Harbor; they are in the family already.

The Heiders are longtime Sarasota residents having had a home in Oyster Bay. Frank and Christine met in high school. They have three daughters and four grandchildren.

Born in Milwaukee, Frank earned his BBA from the University of Wisconsin and MBA from DePaul University. He started his business career as an industrial engineer for US Steel in Chicago, and then headed the forge shop at Bucyrus-Erie in Milwaukee. He then worked at and bought a family building supply company. He later bought, developed and managed various unrelated companies in Milwaukee, Chicago, Texas and Florida. He also served in the Army during the occupation of Japan.



Christine attended Iowa State University and earned her BS from the University of Wisconsin. She did a short stint in the Home Economics Department of Swift and Company in the old Stockyards in Chicago.

They've enjoyed traveling over the years, and in the summer spend time in their log house on the shores of Lake Michigan. Frank golfs at Gator Creek. We look forward to their contributions to the life of Plymouth Harbor for years to come.

- Perry Monroe



Welcome New Residents



Daniel "Dan" Siesel
Adelaide "Addie" Hurst
 Apt. T-2001 ... Ext. 572
 November 4, 2011

Coming Soon to the Mezzanine Gallery

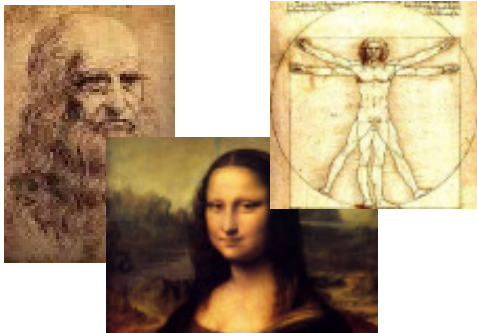
December 6, 2011 to January 17, 2012

Scott Pike & Friends

Sarasota is chock full of talented artists, and Scott Pike has invited a few of his artist friends -- Jon Greeley, Richard Hora, Paul Jtineant, Joseph Palmerio & Joel Seiden -- to share their work with us in our Mezzanine Gallery. Scott's long career has included comic book and commercial illustration. He has been an active participant in our Art Studio since moving to Plymouth Harbor.



Meet the Artists Reception
Tuesday ~ December 6
4:30 to 6:00 pm
Mezzanine Gallery



Art and Artists *Leonardo DaVinci* *in the Court of Milan*

Wednesday
December 28
3:00 pm
Card Room

The Calm Center Spa **GRAND OPENING** **Friday ~ December 9** **OPEN HOUSE** **10:00 am -- 2:00 pm**

Located in N-206 of the North Garden, the Calm Center Spa will be available exclusively for the enjoyment of Plymouth Harbor residents, their guests, and Reservation List members. Enjoy a facial or four different types of massage performed by licensed massage therapists and a licensed aesthetician. Stop by the Grand Opening Open House to learn more about the Calm Center Spa.



New in the Library (* indicates a gift)

FICTION - Regular Print

Angels in the Gloom* by Anne Perry
The Brave* by Nicholas Evans
Chasing the Dime* by Michael Connelly
In the Company of the Courtesan*
 by Sarah Dunant
The Litigators* by John Grisham
**Objects in Mirror Are Closer Than They
 Appear*** by Katharine Weber
Prophecy* by S. J. Parris
Sail* by James Patterson & Howard Roughan
Slow Waltz in Cedar Bend*
 by Robert James Waller
Tight Lines* by Joseph Furia
Zero Day* by David Baldacci

FICTION - Large Print

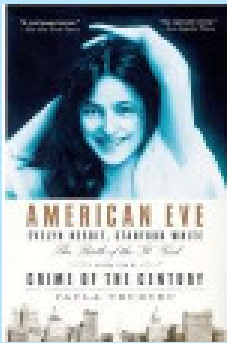
The Christmas Wedding* by James Patterson
Cold Dawn* by Carla Neggers
A Lawman's Christmas* by Linda Lael Miller
Wyoming Tough* by Diana Palmer

NONFICTION - Regular Print

The House in France* by Gully Wells
Reckless Endangerment*
 by Gretchen Morgenson & Joshua Rosner
Remembering Denny* by Calvin Trillin
Tomatoland* by Barry Estabrook

DVDs New in the Media Library

Buck
 Crouching Tiger Hidden Dragon*
 The Dying Gaul*
 Educating Rita
 Harry Potter: Sorcerer's Stone*
 L'Elisir d'Amore*
 Lie with Me*
 Limitless
 The Man Who Cried*
 Mona Lisa Smile
 Quiz Show
 The Tree of Life
 Water for Elephants



BOOK DISCUSSION

American Eve

by Paula M. Uruburu

Rich famous people behaving badly. Architect Stanford White promoted America's "It" girl and his murder was the "crime of the century."

Discussion led by Jim Griffith

Call Ext. 252 to sign up and for a copy of the book (\$14.00).

Friday
January 20
3:00 pm
Chapel

Health and Wellness ...



Health Matters

Obsessive Compulsive Disorder

presented by Erich Storch, MD

Wednesday ~ December 14 ~ 3:00 pm ~ Pilgrim Hall

Dr. Erich Storch, associate professor of clinical psychology in the Departments of Psychiatry and Pediatrics at the University of South Florida, specializes in the cognitive behavioral treatment of adult and childhood obsessive compulsive disorder (OCD).



Complimentary Ear Check & Hearing Aid Clinic

(Low Vision Resource Center)

Tuesday, Dec. 6 Dr. Susan Schnack, Sarasota Hearing Center

Tuesday, Dec. 20 Jennifer Slanker, Andrew Marlow, MD

Please call Home Care at Ext. 210 for an appointment

A Few Reminders from Chris Valuck, Wellness Coordinator!

Medical Clearance & Consent Forms -- Thank you to all who have returned your forms to the Fitness Office. If you have yet to return these important documents, please do so as soon as possible to my mailbox at the Front Desk, my fax machine (941-361-7311), or drop off at my office.

Bulletin Board -- Please refer to the Bulletin Board outside of the Group Fitness Center for important information regarding the class calendar, class cancellations, and other information of interest.

FREE Yoga and Tai Chi Classes

A new yoga class structure is in effect. Ami French, our yoga instructor, is now teaching a traditional yoga class and she will modify yoga poses for those interested in participating from a chair. So please give this free class a try -- Wednesdays at 9:00 am.

Tai Chi is now offered without charge on Saturday mornings at 9:00 am. This is an excellent form of balance training and I encourage you to give it a try. NOTE: Check Bulletin Board outside of the Group Fitness Center for select class times in December.

Dining Services Events

Reservations Required ~ Please Call Ext. 258

Cocktails on the Terrace

Thursday
December 1st
beginning at 4:00 pm

Christmas Buffet Luncheon

Sunday ~ December 25th
11:30 am -- 2:00 pm
Dining Room Closed for Dinner

Holiday Tea

Wednesdays
December 7 & 14
12:00 noon
Card Room



Kitchen Tour

Wednesday
December 28th
9:00 am



Jim Myers at the keyboard

Plymouth Rock Cafe
5:15 pm - 6:15 pm

December 2 5 15 19 29



A Traditional Christmas

SING ALONG

WITH THE

SARASOTA ROTARY SINGERS



Saturday ~ December 10 ~ 2:00 pm ~ Pilgrim Hall

Santa may come a little early this year. In fact, we may have a visit from both Santa Claus and Bubba Claus (that's his southern counterpart!). In any event, we'll have a wonderful afternoon singing traditional Christmas carols with the Sarasota Rotary Singers. Elves? Rudolph? Who knows who else may show up?



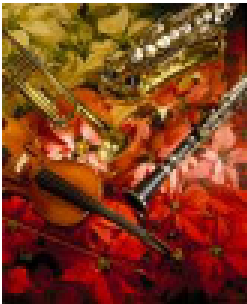
The Program Committee presents ...

The Battle of Truk Lagoon in 1944: a SCUBA diving adventure

presented by Lionel Olmer

Thursday ~ December 1 ~ 7:45 pm ~ Pilgrim Hall

Truk Lagoon was known as Japan's "mystery base in the Pacific, an impregnable, veritable Gibraltar." But in only two days, U.S. Marine and Navy airplanes sunk 50 Japanese ships and more than 200 Japanese aircraft. This program covers the historical background and the battles; the video portion is accompanied by music and narration of Mr. Olmer's diving adventures among the wrecks in Truk Lagoon.



Riverview High School Chorus

Tuesday ~ December 13 ~ 7:45 pm ~ Pilgrim Hall

Music! Music! Music! We are treated once again this year to a stellar performance by the Riverview High School Chorus, one of Florida's best choral groups. They wowed us last year, and this year will be no exception!

All your favorite holiday music by Abe Guard's Brass Quintet

Thursday ~ December 22 ~ 7:45 pm ~ East Garden Atrium

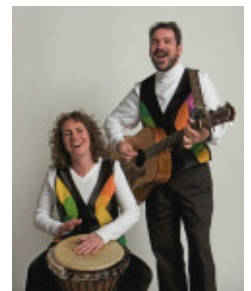
The setting is perfect, the acoustics are great, the holiday lights abound as you sit and enjoy a traditional holiday concert by Abe Guard's Brass Quintet.



Two of a Kind

Thursday ~ December 29 ~ 3:00 pm ~ Pilgrim Hall

An award-winning husband and wife team, David and Jenny Heitler-Klevans are Two of a Kind, a duo that delights audiences of all ages. Their beautiful harmonies accompanied by David's powerful, rhythmic guitar playing and Jenny's multi-ethnic percussion instruments create magic on stage. David is the grandson of Plymouth Harbor residents Florence and George Heitler.





Places to Go ... Call Ext. 252 to sign up



BUS TOUR



Holiday Lights

Monday, December 19 & Tuesday, December 20

Departing at 7:30 pm

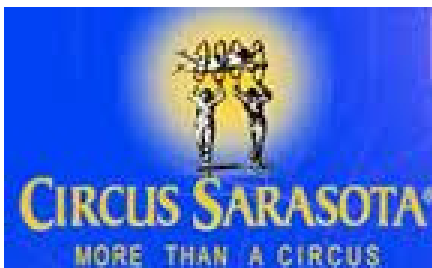
Take your pick of dates! Sit back in comfort as our bus tours Sarasota's most extravagant displays of Christmas lights! Sign up now for this complimentary tour.



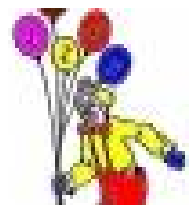
Friday ~ January 6, 2012 ~ Departs 9:15 am
Cost: \$10.00 plus Dutch treat lunch
(restaurant to be determined)



The problem of hunger in our community is much greater than many realize. Your Civic Affairs Committee invites you on a tour of All Faiths Food Bank, which gathers and distributes food to more than 7,100 people weekly.



Circus Sarasota
Wednesday, February 22, 2012



We've got a hold on the best seats in the house!

Yes, it seems early to ask, but we must make an initial commitment for our seats by mid-December in order to ensure these wonderful box seats.

Cost: \$56.00 includes circus ticket and transportation.



Tom Hopkins

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Harry E. Hobson

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Garry Jackson

Senior Vice President/CFO

Dorothy Barichak

Administrator of Health Services

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Betty Blair

Vera Kohn

Gena Magoon

Perry Monroe

Isabel Pedersen

Sallie Van Arsdale

Don Wallace



700 John Ringling Blvd.
Sarasota, FL 34236-1551
941-365-2600
www.PlymouthHarbor.org



MOVIES

Showing in December

Sundays at 2:00 pm & 7:00 pm

- December 4** *Sarah's Key*
2010 Color 111 minutes PG-13
- December 11** *A League of Their Own*
1992 Color 128 minutes PG
- December 18** *The Help*
2011 Color 137 minutes PG-13
- December 25** *A Christmas Carol*
1951 Colorized 186 minutes Not rated

Have a movie request? Call Ext. 252.

Tuesdays at 7:45 pm

- December 6** *Snow Flower and the Secret Fan*
2011 Color 104 minutes PG-13
- December 13** NO MOVIE
Riverview High School Chorus
- December 20** *The Debt*
2010 Color 113 minutes R
- December 27** *Midnight in Paris*
2011 Color 94 minutes PG-13